



Three-Bread Stuffing

READY IN

ready

1530 min.

SERVINGS

servings

8

CALORIES

calories

292 kcal

SIDE DISH

Ingredients

- ☐ 2 medium carrots chopped
- ☐ 3 stalks celery chopped
- ☐ 2 cups chicken broth
- ☐ 2 large eggs beaten
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 1 cup onions frozen chopped
- ☐ 0.5 cup parmesan grated
- ☐ 1 tablespoon poultry seasoning
- ☐ 0.5 loaf cocktail rye bread

- ☐ 0.5 loaf sourdough bread
- ☐ 14 ounce cornbread stuffing
- ☐ 1 cup campbell's turkey gravy
- ☐ 4 tablespoons butter unsalted plus more for greasing

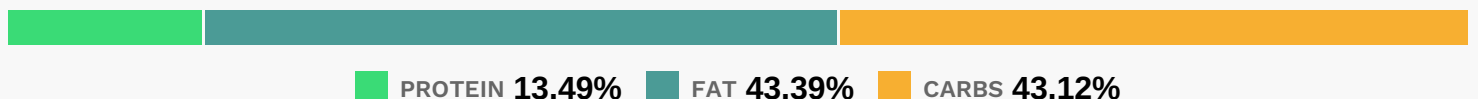
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Cut the breads into 1-inch cubes and spread them out onto baking sheets. Leave out overnight to get stale. (Alternately, bake them in a 300 degree F oven for 30 minutes to dry them out).
- ☐ In a large skillet over medium heat, add the butter. When it is melted add the onions, celery, and carrots and season with salt and pepper. Cook until the vegetables are soft, about 10 minutes. Turn off the heat and let cool a bit.
- ☐ Preheat the oven to 350 degrees F. Butter a 9 by 13-inch baking dish.
- ☐ Put the bread cubes into a large bowl with the cornbread stuffing and add the cooled vegetables. In a medium bowl, whisk together the broth, gravy, eggs, and poultry seasoning.
- ☐ Pour over the bread and mix; the mixture should be fairly moist but not wet. If it seems to dry, add some more broth. Fill the baking dish with the stuffing and top with the Parmesan.
- ☐ Bake until the top is browned and the stuffing is cooked through, 35 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:37.21, Glycemic Load:12.37, Inflammation Score:-9, Nutrition Score:14.38913053015%

Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 291.6kcal (14.58%), Fat: 14.18g (21.81%), Saturated Fat: 6.32g (39.49%), Carbohydrates: 31.71g (10.57%), Net Carbohydrates: 28.56g (10.38%), Sugar: 5g (5.55%), Cholesterol: 66.97mg (22.33%), Sodium: 903.65mg (39.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.92g (19.84%), Vitamin A: 3076.83IU (61.54%), Selenium: 38.59µg (55.13%), Vitamin B1: 0.31mg (20.85%), Manganese: 0.37mg (18.74%), Vitamin B2: 0.31mg (18.41%), Folate: 73.57µg (18.39%), Vitamin K: 18.31µg (17.44%), Phosphorus: 138.55mg (13.85%), Calcium: 136.73mg (13.67%), Fiber: 3.15g (12.62%), Iron: 2.27mg (12.59%), Vitamin B3: 2.49mg (12.47%), Vitamin E: 1.24mg (8.25%), Vitamin B6: 0.14mg (7.02%), Magnesium: 26.79mg (6.7%), Potassium: 226.95mg (6.48%), Copper: 0.13mg (6.26%), Zinc: 0.92mg (6.14%), Vitamin B5: 0.47mg (4.72%), Vitamin B12: 0.21µg (3.58%), Vitamin C: 2.9mg (3.52%), Vitamin D: 0.39µg (2.58%)